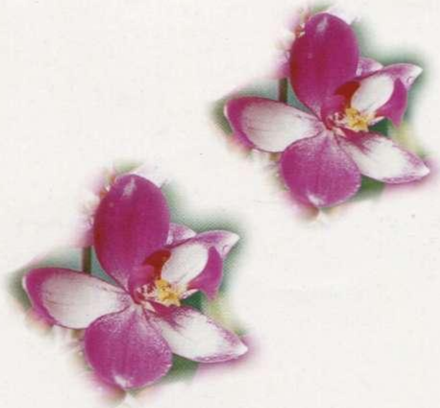
MALAYSIA
HILL RESORTS



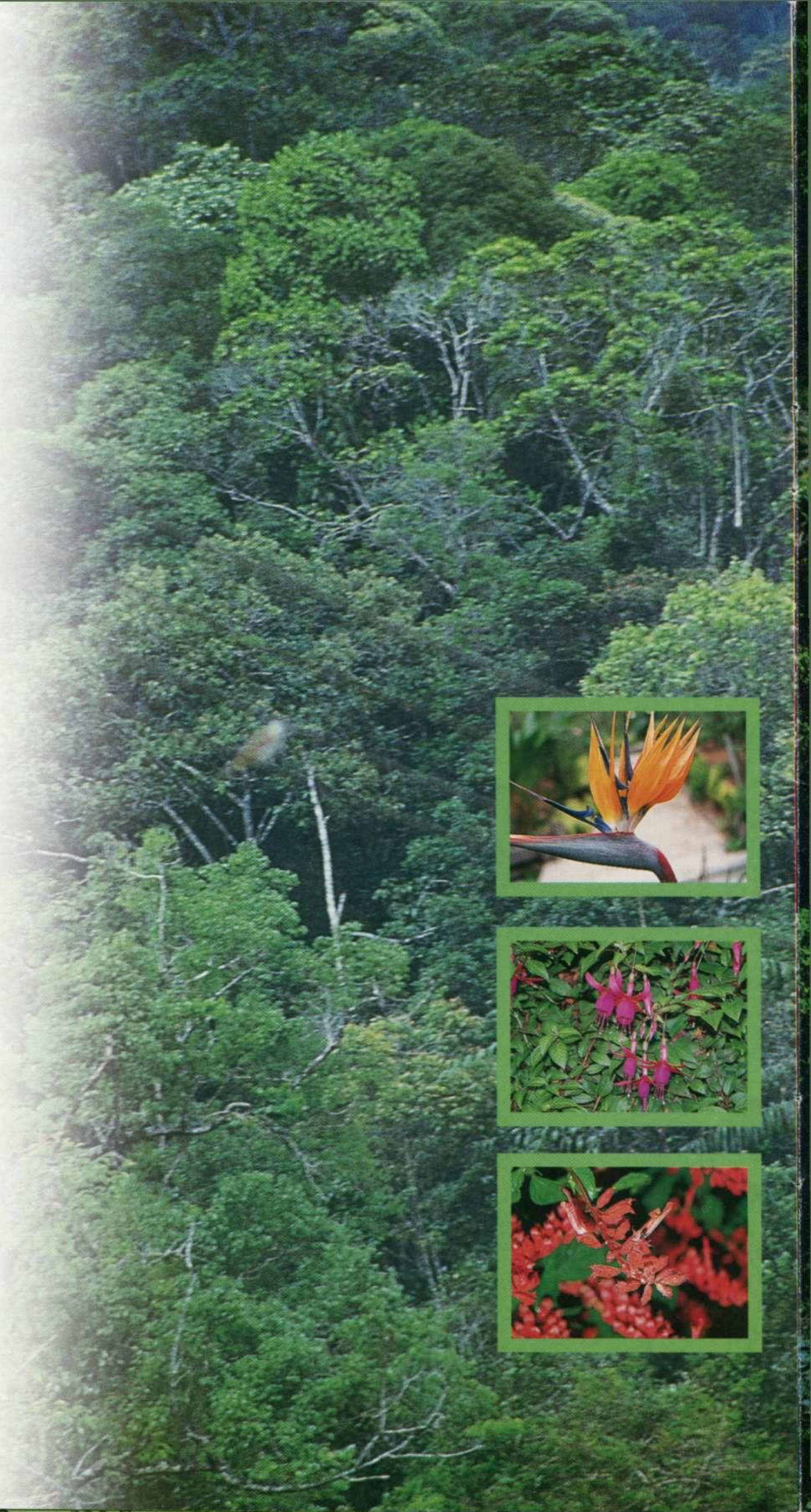




Malaysia
Truly Asia



CONTENTS





WELCOME TO MALAYSIA

Welcome to Malaysia, a tropical paradise endowed with breathtaking natural beauty, exotic cultures and friendly people.

Made up of Peninsular Malaysia and the two states of Sabah and Sarawak on the island of Borneo, it's a destination that offers so much to see, do and experience.

Malaysia is easily accessible from the major cities in the region and the rest of the world. The new state-of-the-art KL International Airport (KLIA) at Sepang serves over 40 international airlines and several domestic airlines, while Port Klang, situated about 41km from Kuala Lumpur, the country's capital, is the main port of call for cruise liners. Malaysia is also accessible by road and rail from Thailand in the north and Singapore in the south.

As a visitor to Malaysia, you will have the opportunity to experience and appreciate its rich historic and cultural heritage, exotic culinary delights, shopping splendours, nature-based adventures, and fun-filled activities.

The warm and hospitable nature of its people will make your stay in Malaysia both pleasant and enjoyable.

Malaysia's Hill Resorts





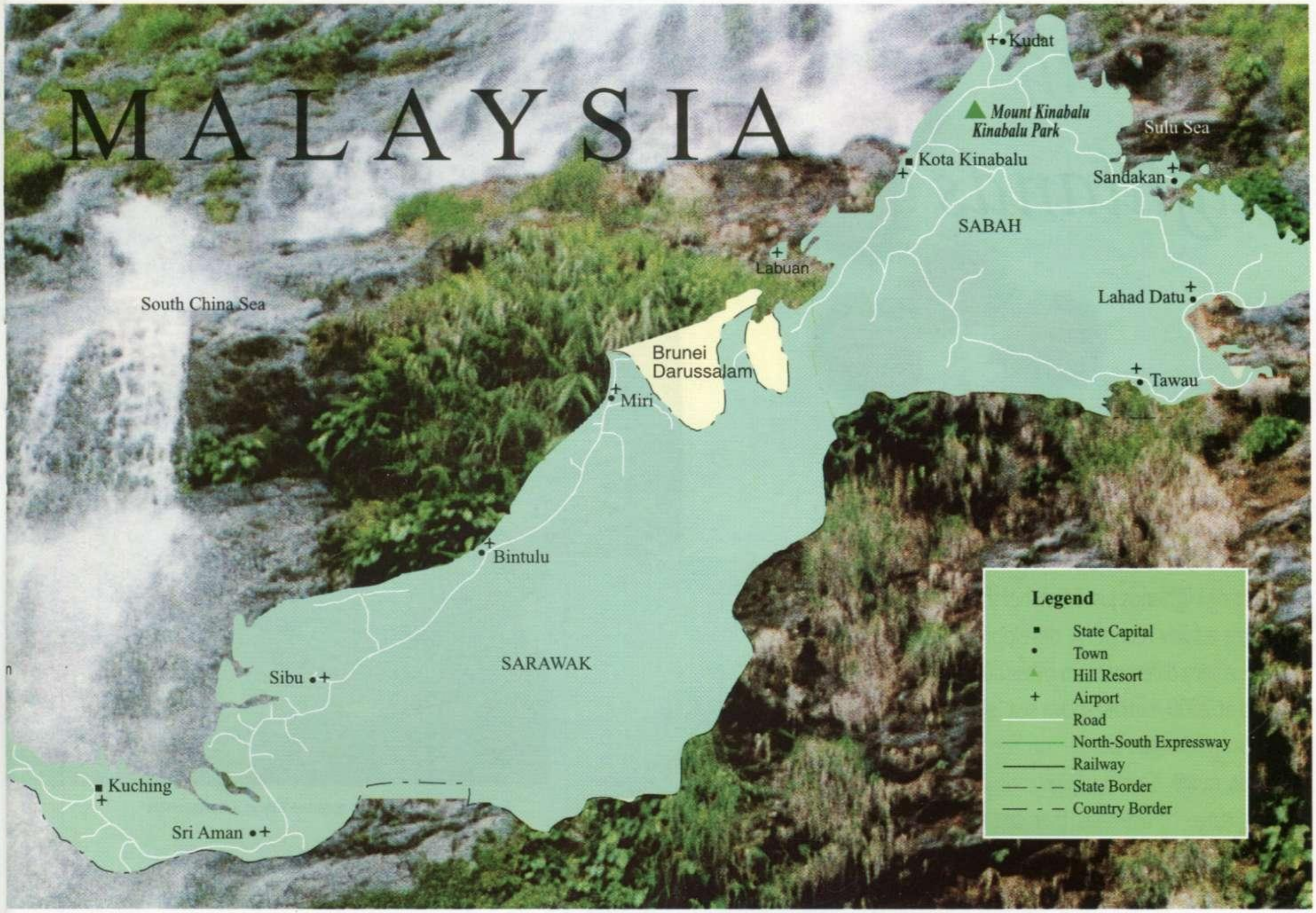
The great diversity of Malaysia's attractions include several hill resorts that are located on the main mountain range of the Peninsular and in Sabah and Sarawak on the island of Borneo. Each of them possess their own unique charms, ranging from the relatively unspoilt retreat of Bukit Larut to the glitzy hill resort of Genting Highlands with its exciting theme park, casino and sophisticated nightlife. For the adventurous, Mt Kinabalu, with its looming granite massifs, represents the ultimate challenge, while Fraser's Hill and Cameron Highlands with numerous jungle trails, English cottages and gardens will appeal to those inclined towards gentler pursuits.



Picking of tea-leaves in Cameron Highlands.

Whatever one's choice, the jungle clad hills with an average temperature of 16-21 degrees Celcius offer a cool, refreshing getaway from the cities. Here ancient pine trees fringe hauntingly beautiful peaks enshrouded

MALAYSIA

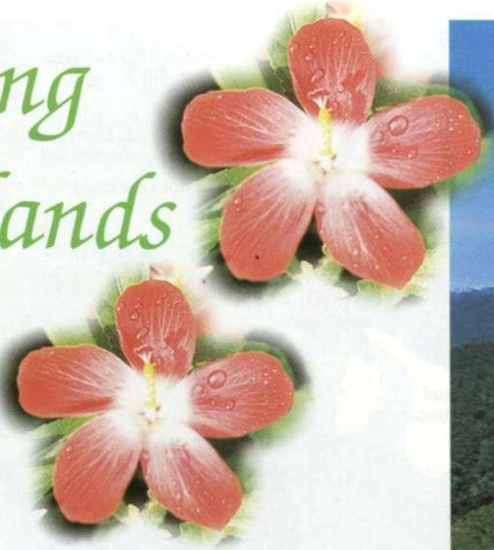


in swirls of mist; delicate ferns heavy with crystals of dew glisten like filigree silver; and temperate flowers in striking shades of colours invite gasps of admiration. Whether you are going for a day excursion or an extended stay, you will discover a holiday in Malaysia's hill resorts to be an invigorating and pleasantly soothing experience.



Mount Kinabalu, Sabah.

Genting Highlands





Fun all day long beckons atop the 'City of Entertainment".

▲ Introduction

Genting Highlands, just 54km north of Kuala Lumpur, is a fairly recent hill development. Its concept is very different from other hill resorts. Perched at 2000 metres above sea level along the Pahang/Selangor border on the Ulu Kali mountain range, Genting Highlands offers an exciting range of activities that are fun, fast-paced, and entertaining. Termed as the 'City of Entertainment', the resort is popular with day trippers and visitors seeking to indulge their senses in a realm of fantasy around the clock.



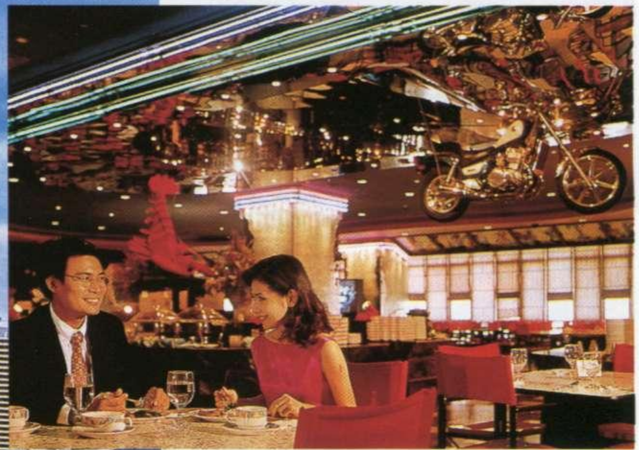


Diners enjoying Genting's scenic vistas.

▲ History

Genting Highlands was founded in 1965 by business tycoon, Tan Sri Lim Goh Tong, who initially acquired the land for the development of the hotel and resort activities. Over the years as the resort became popular, a wide range of entertainment, leisure, recreational and sporting facilities as well as hotels, condominiums, apartment and camping facilities, were added. The resort comprises attractions at different elevations in the vicinity of GohTong Jaya, a township named after the founder. At the peak lies GentingTheme Park and Casino De Genting while lower down, at around 1000 metres above sea level, is the Awana Golf Course, Awana Horse Ranch and the Awana Eco Park, all of which offer a variety of pursuits for the visitor.

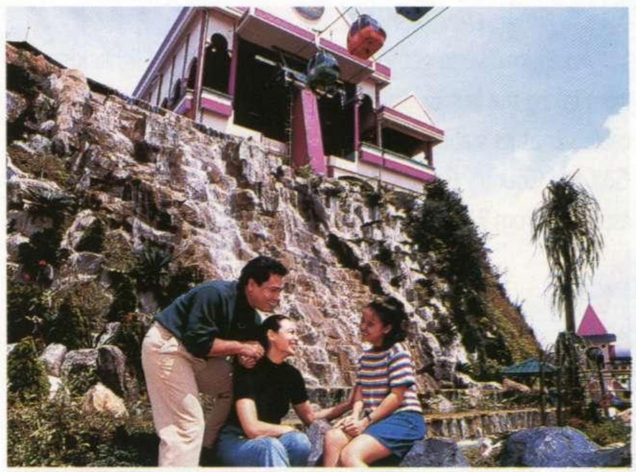




Dine out in style.



Get a bird's eye view of the Genting Theme Park.



Share happy moments with your friends.

▲ What To See and Do

Genting Theme Park

The Genting Theme Park is made up of *indoor and outdoor attractions.*

Attractions at the Indoor Theme Park:-

- Skill games, computerised as well as coin-operated
- Space Odyssey 2020 – not for the faint-hearted, this unnerving ride takes one on a voyage of discovery in space. There are health, height, age and other boarding restrictions.
- Motion Master Simulator enables you to experience action in films such as Smash Factory without leaving your seat.
- Fun House, Malaysia's first 3-D dome theatre.
- Around the World Train Ride. Visitors get to see major landmarks of the world as well as animated figurines dressed in their national costumes.



Get a natural high on a roller-coaster!

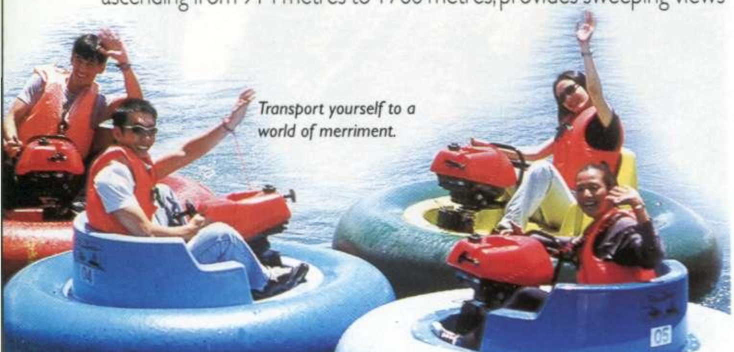


The Outdoor Theme Park offers a range of exciting rides:-

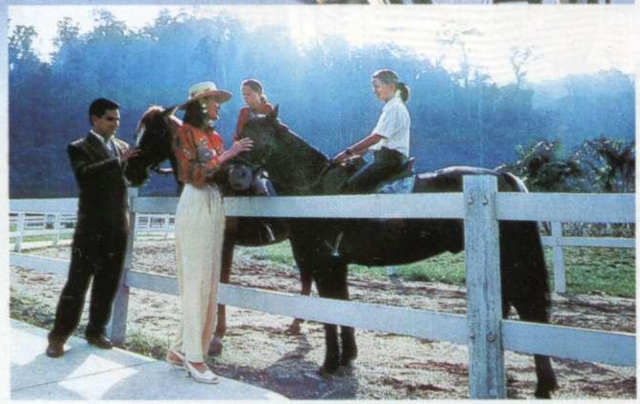
- The Corkscrew Roller Coaster
- The Cyclone, Roller Coaster
- Giant Mechanical Caterpillar. A slow ride through the outdoor theme park on an elevated track.
- The Flying Dragon, a family-oriented fun ride
- Genting Gold Mine, a ride on a runaway mine train
- Grand Prix. Racers' delight
- Cable Car Ride. A joy ride in a cable car offering a bird's eye view of the theme park attractions below
- Magic Carpet. A magical experience for thrill-seekers!

Skyway Cable Car Ride

An alternative to get to the summit of Genting Highlands apart from taking the bus or driving all the way up is to take the Skyway cable car at its station located a short distance before the Awana Golf and Country Resort. The 20-minute, non-stop cable car ride, ascending from 914 metres to 1768 metres, provides sweeping views



Transport yourself to a world of merriment.



Equestrian pleasures.

of the beautiful mountain scenery. Operating hours are from 7.00 a.m. to 11.00 p.m. and the fare is RM3.00 one way. From 11.00 p.m. to 7.00 a.m., the older cable car system operates and can be boarded at the station directly opposite the entrance to the Awana Golf and Country Resort. The fare is RM3.00 for a one-way ride.

Eco-sports

On the lower level of the mountain range at approximately 1000 metres above sea level, is the Awana Eco Park, an adventure playground for nature buffs. The park offers a range of eco-sports and is open to the public.

Jungle Trekking

The Eco Trek takes one through trails, on land and through streams, and is designed to provide a trekker with general information about the rainforest and its plant, bird and animal life. A sports log book is given during the trek by the guide who encourages observations of dried leaves, seeds, wild flowers, wild gingers, bamboo and scrambling ferns.



Have a swinging time on the greens!

Abseiling

For abseilers, a series of 12 abseiling stations are positioned on the Awana Hill Park. Multiple abseiling such as tandem abseiling, triabs, and foursome can be held at each station.

Mountain Biking

Within the park are mountain biking trails which include a recreational trail, scenic hill trail, jungle trail and the golf course trail.

Golfing

Carved out of a ridge at 950 metres above sea level is an award-winning 18-hole golf course at the Awana Golf & Country Club. The 6,155 metre par-71 golf course poses a variety of challenges to the golfer. Fifty-seven bunkers and several ponds and lakes dot the undulating grounds which puts one's fitness to the test. The most dramatic is the par-3, fourth hole which offers five different teeing positions, which are 18 metres apart. Green fees are RM10 on weekdays and RM80 on weekends. Caddy fees is RM15 -RM10 per 18-holes.

There is also mini Golf and a driving Range in the vicinity.



Children's playground.



Discover nature.



Horse-riding

For equestrian fans, the Awana Horse Ranch is just 2 kilometres away from the Awana Golf & Country Resort. Horse riding lessons or joy rides are available at the ranch.

Other Recreational Facilities

- Gymnasium
- Tennis/squash/badminton courts
- Table tennis
- Swimming pools
- Sauna
- 16-lane bowling alley

Sights

Located at 1,460 metres above sea level is Chin Swee Temple, a Chinese cave temple. Panoramic views of surrounding hills can be seen from here.

Eating Out

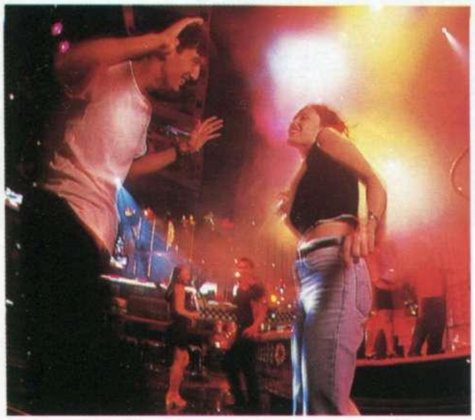
The Genting Highlands Resort offers a choice of over 35 different restaurants, from its plush restaurant, Genting Palace, to cosy food courts. Local as well as international cuisine and fast food are all available here.

After Dusk

Evenings bring out the best in entertainment at Genting Highlands Resort with high energy performances, and international shows at Genting International Showroom. There are also video arcades, one-armed bandits, cinemas, karaoke lounges, discotheques and other entertainment centres.



Classy international cuisines to satisfy the discriminating gourmet.



Dance the night away.



Get the taste of elegance.

Genting is also well-known for its casino, the *Casino de Genting*, which offers Blackjack, baccarat, roulette, keno, French bull and Tai Sai. Visitors must be properly attired. Entrance is prohibited to Muslim visitors.

Accommodation

A wide choice of accommodation is available in the Genting Highlands ranging from camping sites to apartments, condominiums and hotels. Within Goh Tong Jaya, at the lower level, is the Awana Eco Park, a quiet natural area where camping grounds are based. Further up is the Awana Golf & Country Resort which would suit the golf-cum-nature lover. At the summit lies the Highlands Hotel, Genting Hotel, Resort Hotel and Theme Park Hotel, as well as the Ria and Kayangan apartment complexes. Together they provide a total of 3,000 hotel rooms and 300 apartments for holiday makers. There are also other hotels such as Hotel Seri Malaysia and Selesa Health Homes at various levels of the hill.

Genting International Showroom.



For enquiries/reservations:-

- Theme Park Hotel (448 rooms)
- Genting Hotel (694 rooms)
- Resort Hotel (838 rooms)
- Highlands Hotel (928 rooms)
- First World Hotel (1000 rooms)
- Awana Genting Highlands Golf &
- Country Resort (524 rooms)
- Kayangan Apartments / Ria Apartments (243 rooms)
  Tel: 603-21623555 Fax: 603-21616611
  URL: http://www.genting.com.my
- Hotel Seri Malaysia (124 rooms)
  Tel: 603-2102525 Fax: 603-2101125
- Selesa Hillhomes & Golf Resort
  Tel: 603-40426931/32 Fax: 603-40436460

▲ How To Get There

By Bus:

Genting Highlands Resort operates its own air-conditioned coaches with 18 scheduled services daily from Pudu Raya Bus Terminal in Kuala Lumpur. Tel: 03-2326863/2300893. It also runs a free coach shuttle service from KL International Airport, hotels and strategic pick-up points in Kuala Lumpur and Petaling Jaya for its hotel guests. For day trippers, there are attractive packages which include transport, meal coupons and theme park entertainment.

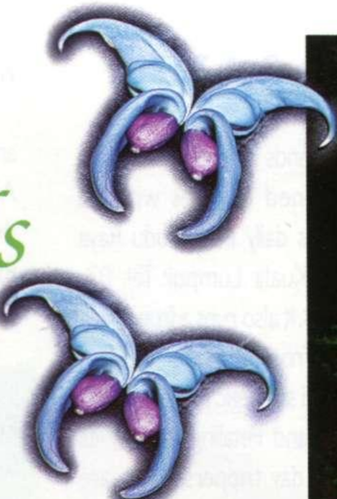
By Taxi:

Genting Highlands is also served by taxis and limousine service from KL International Airport and hotels. The fare depends on the pick-up point but expect to pay around RM120.00 one way.

Further information:
Fraser's Hill Development Corporation
Suite 6 & 7, P. O. Box 17
9th Floor, Teruntum Complex
Jalan Mahkota, 25000 Kuantan, Pahang
Tel: 09-5171623 Fax: 09-5171626



Cameron Highlands

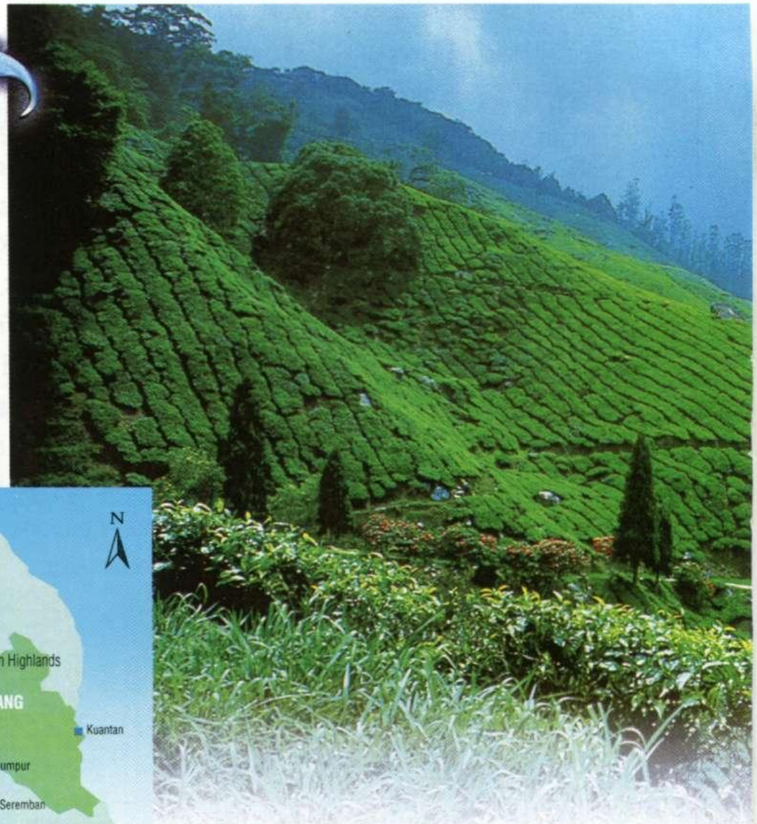


▲ Introduction

Cameron Highlands is Malaysia's premier hill resort. Located in the state of Pahang, on the Main Range of Peninsular Malaysia, at 1524m above sea level, it is the largest of the Malaysian hill resorts. Much of its appeal lies in the neat sprawling tea plantations which date back to 1929, as well as terraced flower gardens, strawberry farms, orchards and vegetable gardens.

Being a popular hill resort, Cameron Highlands is well-developed with visitor amenities, tourist attractions, activities and a range of accommodation for a comfortable, leisurely holiday in cool invigorating climate.

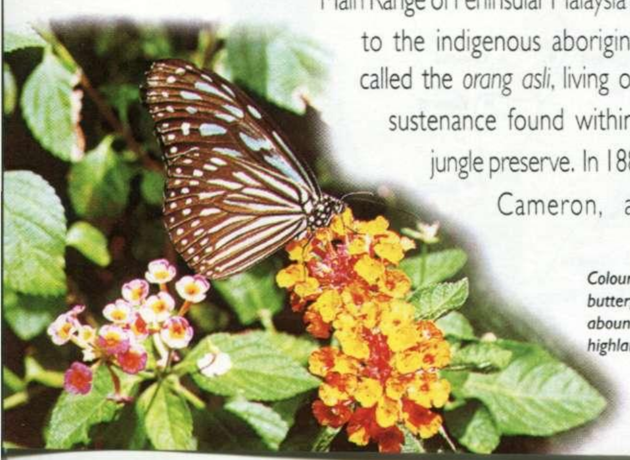




Tea plantations synonymous with Cameron Highlands.

▲ History

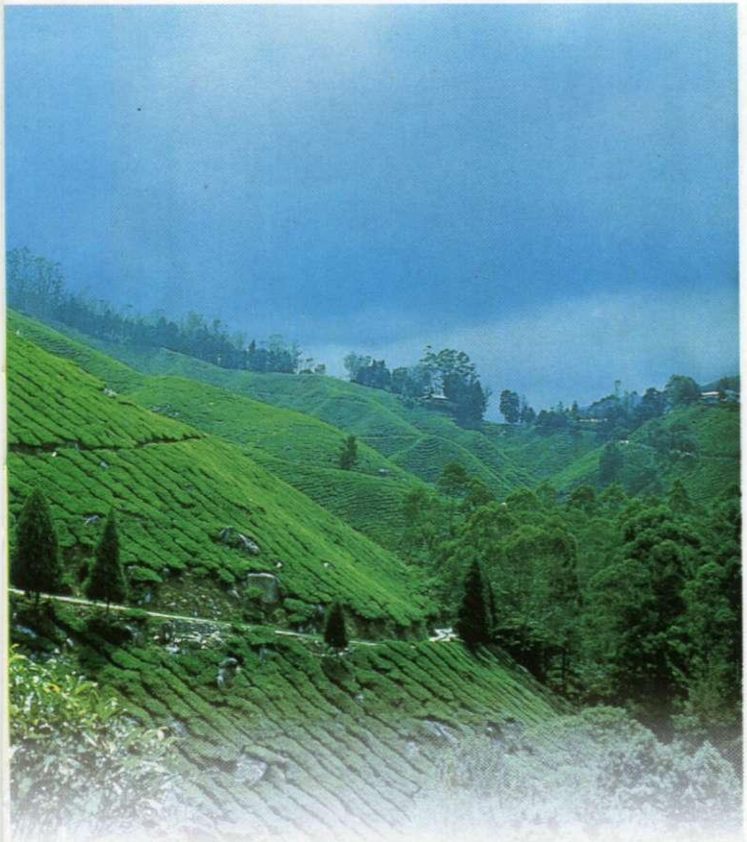
Centuries ago, the dense jungle-clad mountainous terrain of the Main Range of Peninsular Malaysia was home to the indigenous aboriginal people called the *orang asli*, living on nature's sustenance found within the rich jungle preserve. In 1885, William Cameron, a British surveyor in the government service, went on an exploratory expedition of the mountain range for map-making of the Perak/ Pahang border. He reported a 'fine plateau shut in by lofty mountains'. However, it was only in the early 1920s, when the bridle path up the mountain was improved that led to the development of a hill station.



Colourful butterflies abound in the highlands.

The cool climate which never ranged more than 20°C, along with its fertile soil also attracted a young British resident, John Archibald Russell, who saw the potential of tea as an important cash crop in Malaya. Large tracts of the highlands was acquired, and the virgin jungle cleared for cultivation of tea bushes. Thus began Boh Estate, the first highland tea plantation in the country. Subsequently, other tea estates were opened, among them, the Blue Valley and Bharat plantations.

The highlands was also found to be conducive for the commercial



cultivation of vegetables, flowers and fruits such as oranges and strawberries.

The increasing popularity of the Cameron Highlands in recent years has attracted the development of more tourism facilities and spots to cater to the growing number of visitors.

▲ What To See and Do

Visitors are attracted to the Cameron Highlands largely for a change of climate and pace. As such, activities are nature-based and relaxing with a variety of activities and attractions to suit one's mood and level of fitness.

The Cameron Highlands consists of a series of little townships which include Ringlet, Tanah Rata, Brinchang, Trinkap, Kuala Terla and Kampung Raja. The total population is approximately 25,000, the majority of whom are employed in agriculture and the leisure industry. The best tourist amenities are sited in or around Tanah Rata but Brinchang is fast catching up with a number of new apartments and restaurants.

Ringlet

Ringlet is the first township that one approaches on the route up the highlands. It has often been bypassed by visitors in their hurry to get to the summit.

Just after the township, about a kilometre away, and perched atop the hill on the left is *The Lakehouse Hotel.* Overlooking the Sultan Abu Bakar Lake, the Tudor-style country house is an ideal place to savour English tea and scones, or strawberry and cream. Built in 1972, the 25-room hotel is exquisitely furnished with antique decor, poster-beds in the suites and has a cosy fireplace for relaxation. The hotel is also well-known for its Continental fare.

Habu, just after Ringlet, is more a locality for the Habu Power Station and the Sultan Abu Bakar Lake. Of interest to visitors passing through this locality is the flower nursery, some fruit and vegetable stalls, and the persimmon orchards that are an attraction during the fruiting season from August to September. Shortly after Habu, on the right is a narrow but scenic road that takes you to the *Boh Tea Plantation*, one of the major tea plantations in Cameron Highlands. Northwards, a narrow steep uphill path leads to the Robinson Power Station and the Robinson Waterfalls.



Beautiful blooms in Cameron Highlands nursery.

Tanah Rata

Approximately 13km away from Ringlet is *Tanah Rata*, the main town of Cameron Highlands. It has a population of about 7,000, mostly those involved in the hospitality, food and service sectors.

The heart of the beguiling little town centres around Jalan Besar, the main street. Flanked by a row of quaint shophouses on one side,

the town has a sense of warm communal atmosphere normally found in mountain hamlets. The residents here exude friendly charm and courtesy and are generally helpful to tourists. English is widely spoken, given the area's early colonial history. It is very easy to feel comfortable and at peace with oneself in this tranquil environment.

As the main town in the highlands, Tanah Rata is well-served by a range of hotel accommodation, restaurants, shops, a post office, a hospital, clinics, travel agencies, a tourist information centre, a scenic public garden, golf course, a bus station and a taxi stand.

All of these are within walking distance but taxis are available for hire at RM18 per hour, for venturing beyond the town. For sightseeing, you can book a 1/2 day tour for approximately RM15 to RM30, depending on your itinerary.

Jungle Trekking

The town centre is a good base to begin your jungle trekking. There are 14 different trails of varying lengths and degrees of difficulty. Begin early in the morning if you are embarking on a long trail. Trails are marked (see map on page 13) but keep to the instructions and signages and avoid straying from the path.

One of the easier trails *(Path 4)* starts from the *Gardens* at Persiaran Dayang Endah, passes the *Parit Falls* and ends at the *Forestry Department*. At the back of *Mardi Agriculture Station* are *Path 5* and *Path 7* but they are steep trails leading to Gunung Beremban(1812m).

Path 13 and *Path 9* are shorter trails with the latter leading to *Robinson Waterfalls*. From *Path 9A* you can take a pleasant walk



Enjoy a variety of colourful flowers.



Refreshing waterfalls.

which will lead to the *Boh Tea Plantation* near Habu.

The montane forest of Cameron Highlands is ideal for *birdwatching* as it hosts species such as Long-tailed Broadbill, Orange-bellied Leafbird, Grey-chinned Minivet, and Silver-breasted Broadbill. For good sightings, the longer trails which lead up to quiet peaks such as *Gunung Beremban (1812m)* and *Gunung Jasar (1551m)* are best bets. Evenings and sunrise are ideal times to see birds at their most active period.

Brinchang

About 3km north of Tanah Rata is Brinchang, the centre of the highlands' green produce'. Though it began its early days as a vegetable gardeners' settlement, it has developed into another delightful destination for tourists. It is situated on a slightly higher altitude than Tanah Rata, and its surroundings are hills terraced by vegetable farms, flower gardens and tea plantations. Here, a wide range of holiday accommodation is available to visitors, ranging from hotels to apartments and colonial bungalows.

Golfing

Brinchang boasts the only golf course in the highlands. The 18-hole, par-71 Cameron Highlands Golf Course is quite challenging with tricky greens, undulating fairways, thick rough, meandering streams and fine sand bunkers. As rains are quite common in the afternoon, it is advisable to play early in the morning. The Golf

Course is open to the public. Green Fees are RM40 on weekdays and RM60 on weekends or public holidays. Caddy Fee is RM18.

The Smokehouse Hotel

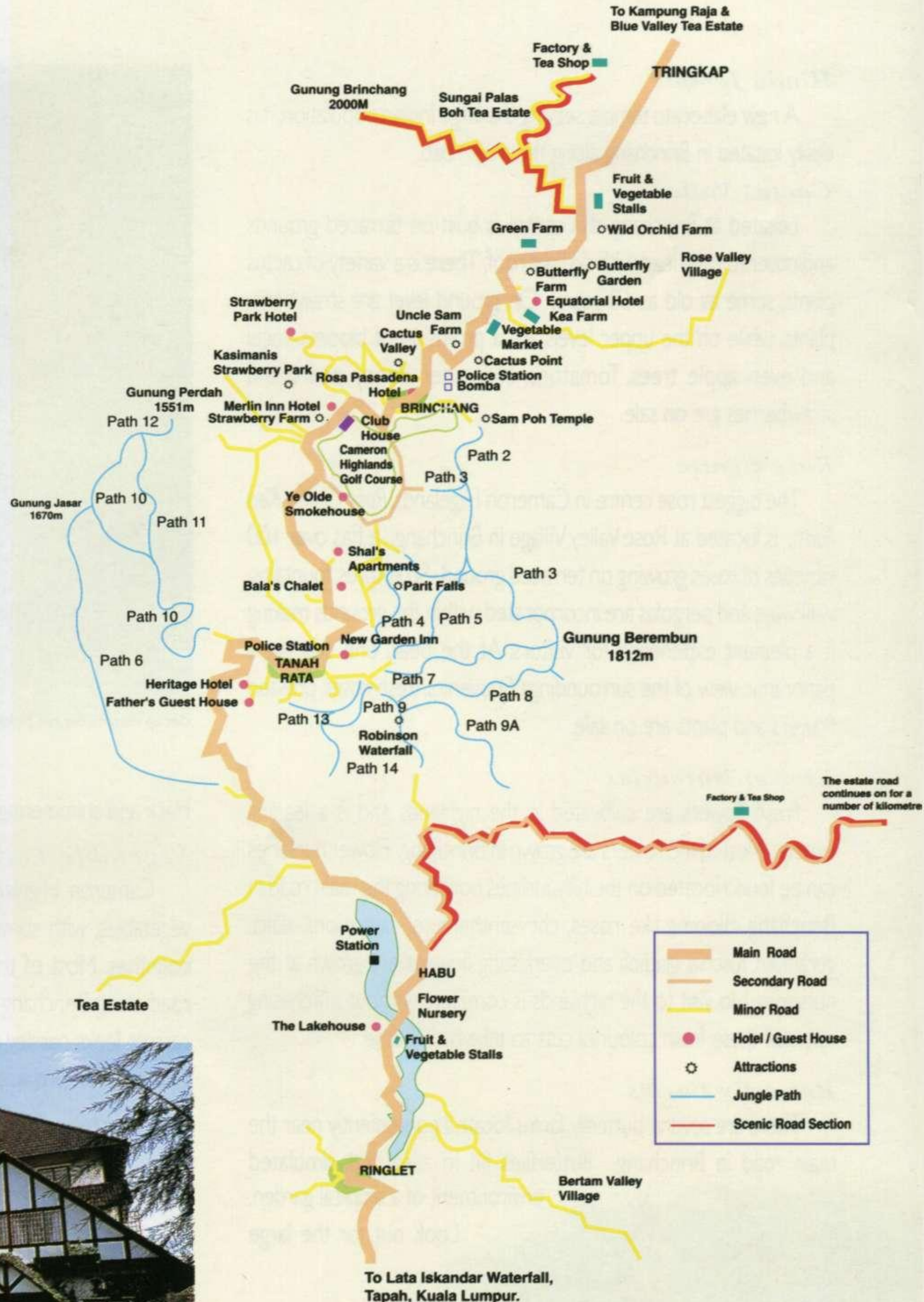
Adjacent to the Cameron Highlands Golf Course is The Smokehouse Hotel, an enchanting Tudor-style building built in 1937. The pretty boutique hotel with latticed windows, wooden beams and furnished with interesting antique artifacts has 13 lovely suites. English cuisine, including cream teas are served. Its English country garden is especially a treat to its guests.

Strawberry Farms

Across the road, on the hills overlooking the Cameron Highlands Golf Course are two strawberry farms where fresh luscious strawberries, homemade jam and marmalade are on sale.

Sam Poh Buddhist Temple

Serving the large Chinese population that live in Brinchang is the Sam Poh Buddhist Temple. The ornate Buddhist temple is built on a hill overlooking Brinchang





A Tudor-style country house.

Hindu Temple

A new elaborate temple serving the large Indian population, it is easily located in Brinchang along the main road.

Cactus Valley

Located at Brinchang, this centre is built on terraced grounds and covered overhead with skylight roof. There is a variety of cactus plants, some as old as 60 years. On ground level are strawberry plants, while on the upper levels are a profusion of blooms, cactii and even apple trees. Tomatoes, cucumber, honey pears and strawberries are on sale.

Rose Centre

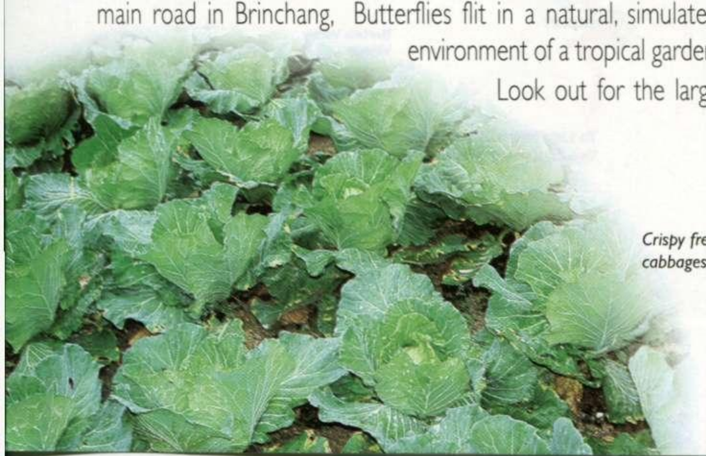
The biggest rose centre in Cameron Highlands, *Rose Centre Kea Farm*, is located at Rose Valley Village in Brinchang. It has over 100 varieties of roses growing on terraced ground. Sculptures, fountains, walkways and pergolas are incorporated within the grounds making it a pleasant experience for visitors. At the peak, one can get a panoramic view of the surroundings. Souvenirs, fresh roses, pressed flowers and plants are on sale.

Flower Nurseries

Fresh flowers are cultivated in the highlands and is a leading export. Most of the flowers are grown in Brinchang. Flower nurseries can be found located on the hilly inclines bordering the main road in Brinchang. Blooms like roses, chrysanthemum, carnations, dalia, geranium, fuschia, gladioli and 'everlasting flowers' are grown at the nurseries. No visit to the highlands is complete without purchasing some of these fresh colourful cuts to take back home.

Butterfly Farms

There are several butterfly farms located conveniently near the main road in Brinchang. Butterflies flit in a natural, simulated environment of a tropical garden. Look out for the large black and shimmering green Raja Brooke butterflies.



Crispy fresh cabbages.



Get up early to see tea-picking activities.

Vegetable Farms

Cameron Highlands is the nation's prime producer of fresh vegetables, with some of the produce exported to neighbouring countries. Most of the vegetable farms can be spotted from the road along Brinchang to Tringkap. Cabbages, cauliflower, tomatoes, carrots, leeks, parsley, pak choy, long beans, pumpkin and pepper are grown here. Purchases can be made at the vegetable stalls.

Vegetable Stalls

Vegetable stalls are a common sight along the roadside but for a wide choice and freshness visit the Brinchang Market early in the morning. Many visitors staying at bungalows and short-let apartments, in fact, buy back an assortment of fresh vegetables for their next meal.

Honey Bee Farm

Beekeeping is a recent activity in the highlands and the only bee farm is located at Brinchang, just after the Butterfly Farm. Honeycombs and bottled honey are available for sale.



Sungai Palas Boh Tea Estate

One of the bigger tea plantations, guided tours are offered around the factory to enable visitors an insight into the processing of tea. After the tour, visitors can sit out at the tea shop, overlooking the hills, and enjoy tea and shortbread. A variety of tea, from Pekoe to Cinnamon-flavoured ones are on sale.

Trinkap, Kuala Terla and *Kampung Raja* are little settlements populated by the local population who work various sectors in the highlands. They, however, offer a glimpse into the daily lifestyle of the highland village folk as they go about their activities.

The Tea Story

Tea is influenced by its character, flavour and bouquet which is in turn greatly influenced by the environmental conditions under which it is grown.

The tea story in Cameron Highlands began in 1929 when a young British resident, John Archibald Russell, saw the potential of the Highlands as an ideal 'tea country' and sowed the seeds of a thriving tea industry. Major tea plantations are Boh Tea Plantation,



Tea leaves being processed.



Have your pick of fresh fruits and vegetables.

Sungai Palas Boh Tea Estate, Bharat Tea Estate and Blue Valley Tea Estate.

Tea pickers begin their work on the hills well before sunrise, plucking only the tender leaves of the tea bushes. The leaves are then weighed at the hills before being transported to the factory for processing.

At the factory, moisture is reduced through a process which is known as *withering*, thus stimulating the natural chemical reactions within are vital for the tea's flavour.

The leaves are then *rolled* by machines called rotovans, setting free the juices necessary for fermentation, a critical stage which

develops the flavour, aroma and characteristics of tea. Fermentation is halted when the leaves are fed through hot-air machines. The drying process takes about 10 minutes during which the leaves are turned into the crisp black forms we are familiar with. The tea leaves are then *graded* according to their particle size.

In recent years, the highland tea has been exotically flavoured with oils, flowers, herbs and essences, of which the Songket brand has a variety to choose from. They include flavours of vanilla, mint, orange, lemon, passionfruit, cinnamon and cardamom. In all more than 3000 tea varieties are available in the world of tea.

Cameron Highlands Flower Festival

Every year, in August/September, the popular highland resort celebrates a Flower Fest that extols the colourful blooms and agricultural produce of the highlands. Events include flower exhibitions, parades, demonstrations, competitions, traditional cultural shows and cuisine.

Eating Out

Eating out is an enjoyable experience with a variety of food available at Tanah Rata and Brinchang. Fine English food is offered at The Lakehouse and Ye Old Smokehouse but many of the local restaurants do serve up a decent English meal, breakfast or afternoon tea at competitive prices.

Chinese restaurants are favoured by locals for steamboat, a 'do-it-yourself' cook-in where a variety of raw meat, seafood and vegetables are cooked in steaming hot soup. Indian restaurants are plentiful, given the large Indian population. They serve a spicy, hearty fare of rice and curries. There is also a number of Malay restaurants, Moghul restaurants and a few vegetarian restaurants.

After Dusk

Night activities are limited to those offered by the hotel lounges. However, most visitors to Cameron Highlands are quite contented to take a stroll around the towns and soak in the relaxed atmosphere at the night stalls.

Accommodation

Cameron Highlands offers a range of hotels, chalets and colonial bungalows to suit one's preferences and budget.



English style decoration.

Brinchang

- Cameron Highlands Country Lodge (73 rooms)
  Tel: 05-4911811 Fax: 05-4911396
- Equatorial Hill Resort (510 rooms)
  Tel: 05-4961777 Fax: 05-4961448
- Parkland Hotel (30 rooms)
  Tel: 05-4911299/399 Fax: 05-4911803
- Hotel Rosa Passadena (120 rooms)
  Tel: 05-4912288 Fax: 05-4912688

Tanah Rata

- Heritage Hotel Cameron Highlands (165 rooms)
  Tel: 05-49113888 Fax: 05-4915666
  Tel: 03-2486811 Fax: 03-2416811
  (K.L. Sales Office)
- Merlin Inn Resort (66 rooms)
  Tel: 05-4911211/205 Fax: 05-4911178
- New Garden Inn (47 rooms)
  Tel: 05-4915170 Fax: 05-4915169
- Strawberry Park Resort (136 rooms)
  Tel: 05-4911166 Fax: 05-4911949
- The Cool Point Hotel (44 rooms)
  Tel: 05-4914914 Fax: 05-4914070
- Concorde Lakehouse Hotel, Ringlet (18 rooms)
  Tel: 05-4956152 Fax: 05-4956213

▲ How To Get There

By road:

Cameron Highlands, though located in the state of Pahang, is only accessible via Tapah in the state of Perak. Access is from the North-South Highway and the turning-off point is at the Tapah Interchange No.132 where Route 59 leads to the resort in an ascending series of twists and bends. The 60km route from Tapah to the resort is interesting, passing aboriginal dwellings, scenic mountain views, and a changing montane forest as one climbs up. At the 22km point is the majestic Lata Iskandar Waterfall, a popular stop-over for motorists. There are foodstalls and an *orang asli* handicraft centre here. The journey by road to Cameron Highlands from Kuala Lumpur takes about 4-5 hours.

By Bus:

There are 4 bus services, operated by Kurnia Bistari, departing from Pudu Raya, Kuala Lumpur for Tanah Rata. The service starts at 9am and the fare is RM10.10 one way.

From Tapah, the local bus leaves at hourly intervals for Tanah Rata and the fare is RM3.70 one way.

Taxi:

Taxis do ply directly to Tanah Rata from Kuala Lumpur's Pudu Raya Station. The fare is RM150 per taxi. From Tapah to Tanah Rata, the taxi fare is RM40-60 per person.

Rail:

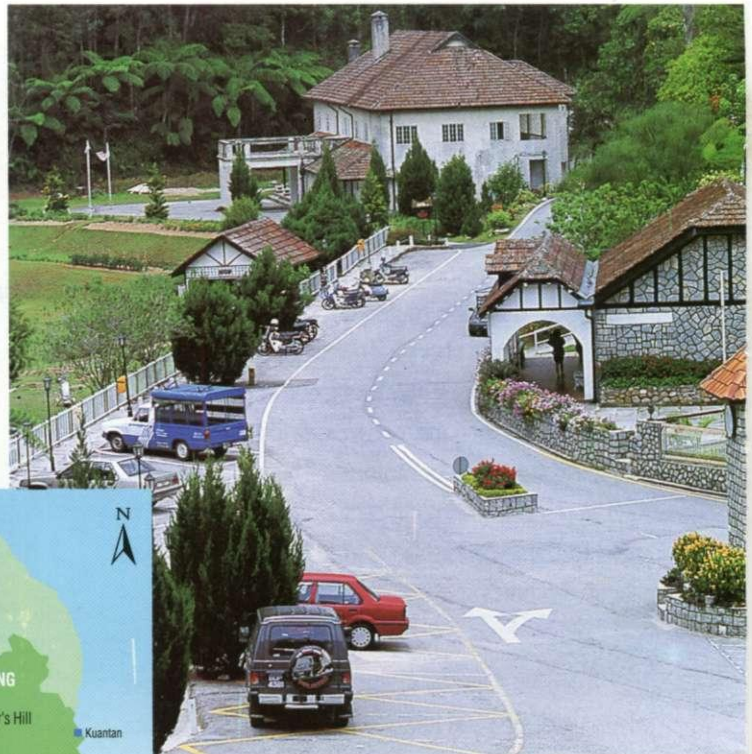
The rail stop is at Tapah. From here, take the taxi or bus to Tanah Rata.

Further information:
Fraser's Hill Development Corporation
Suite 6 & 7, P.O. Box 17, 9th Floor, Teruntum Complex
Jalan Mahkota, 25000 Kuantan, Pahang
Tel: 09-5171623 Fax: 09-5171626



Fraser's Hill





▲ Introduction

Fraser's Hill is perhaps the prettiest hill resort in Malaysia. It nestles at 1,524 metres above sea level in the state of Pahang, a one and a half hour drive from Kuala Lumpur. This charming little resort with a population of approximately 1,000 residents, is not unlike a quiet Scottish village. Granite-coloured mock-Tudor cottages sit amidst the briliant coloured blooms of an English-style country garden. Some of these bungalows are private residences but some have been converted into holiday bungalows. They enable visitors to enjoy a country-style holiday in a cool, refreshing ambience where evenings bring on swirling mists descending upon the little village and cold winds howling through lofty pine trees.





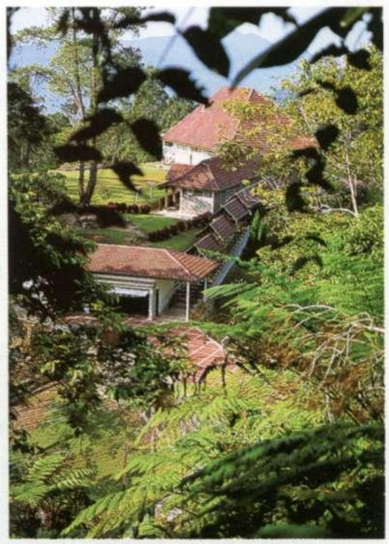
Fraser's Hill - an ideal family getaway.

▲ History

Fraser's Hill takes its name after a Scottish trader, Louis James Fraser, who set up a tin-ore trading station in the forested mountain between the Selangor-Pahang border during the end of the 19th century.

Using a mule train to ascend the hill, Fraser traded in tin-ore until the fateful day when he disappeared in the forested hills.

The bishop of Malaya at that time, Ferguson-Davis, mounted a search for Fraser. The search failed to find him but the potential of the hills as a cool getaway was uncovered. The hills were surveyed and in 1919 developed into a hill resort named after the missing Scotsman.



A holiday bungalow amidst lush greenery.





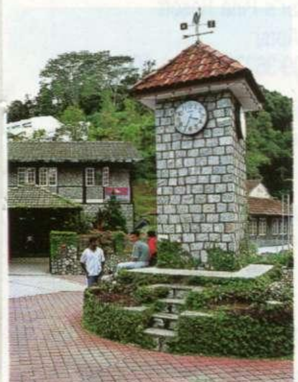
Cool off at the Jeriau Waterfalls.

▲ What To See and Do

The resort is best suited for quiet relaxation and gentle pursuits that are largely nature-based.

The Town

Life in the little town revolves around the market square dominated by a small clock tower. Picturesque colonial-style buildings have found new use as the post office, police station, clinic, tourist information centre, inns, cafes and restaurants. There is also a Nature Education Centre and an active birdwatching group here. Though equipped with good visitor amenities, development at this resort has been careful to harmonise with the environment, thus much of the original charm of this place has been preserved.



The old clock tower - a landmark of Fraser's Hill.



Fraser's Hill is a popular sport for birdwatching.

Bird Watching

Fraser's Hill has long been a top birdwatching destination for local and international birdwatchers. The relatively undisturbed jungle-clad mountain terrain and the cool climate attracts over 250 species of birds, some of them migrants from countries as far as Siberia.

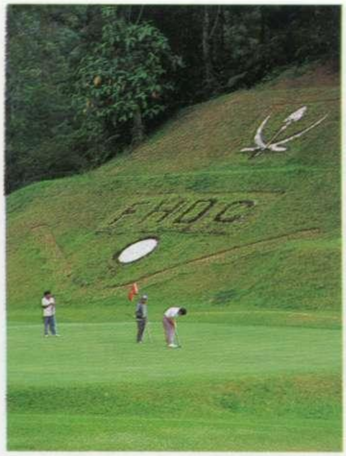
Around the middle of every year, international as well as local birdwatchers gather at the resort, to participate in the Fraser's Hill International Bird Race, a non-competitive event which requires birdwatchers to race against time to spot as many bird species as possible within the routes in Fraser's Hill. Some of the species found here are silver tailed mesia, chestnut-capped laughing thrush, blue-winged minla, golden babblers, mountain bulbull, mountain fulvettta, bronze drongo and greater yellow-necked woodpecker.

Nature Walks

The beauty of Fraser's Hill is best experienced as one walks through the green splendour of a jungle trail, ferns moist with dewdrops, birds chirping in the trees and the air crisp with mountain coolness. Small animal life like monkeys and squirrels can be spotted if one is observant, while large animal life like the tiger and tapir, once common, are quite rare. Jungle trails are graded and marked to indicate varying degrees of difficulty.

Picnicking

The Jeriau Waterfalls is about 5km from the town centre. From the road, paved footpaths lead visitors to the waterfall. Public visitor facilities include a picnic area, shower rooms and changing areas.



Tee off with your friends.

Golfing

A short and tricky 9-hole golf course at Royal Fraser's Hill Golf Club which follows the contours of the narrow valley is open to the public. Its unique feature is the three-tiered 7th fairway which takes the shape of a man's body. It then narrows down at the landing area and widens again at the approach of the green. Green fees are RM30 on weekdays and RM40 on weekends and public holidays. Caddy fees are RM10 per round of 9 holes. Golf sets are available for hire. The 18-hole Fraser's Hill Golf and Country Club is located in the vicinity of the Jeriau Waterfalls, 3 kilometres from the town centre. Managed by the Silver Park Holiday Resort, the course features a colonial-style clubhouse with tennis courts, a restaurant and other amenities.

Sports

Sport lovers will find that Fraser's Hill offers adequate public facilities for both indoor and outdoor activities. A Sports Complex provides a sauna, two squash courts and a heated swimming pool. There are also two tennis courts which charge RM5 an hour for morning and afternoon sessions, and RM7 an hour for night sessions. Other activities include horse-riding, jogging and angling.

Children's Playground

Based in the town centre, the brightly-coloured playground with its range of play equipment is a magnet for child visitors. In the vicinity, there is a fish pond and an aviary.



Adventure playground for children.



Archery for the sports-minded.



Horse Riding fun for the family.

Flower Gardens

The cool climate promotes a profusion of blooms in startling shades of colour. Fresh cuttings of roses, dahlia, chrysanthemum, daisies or potted fushchia or geranium can be bought at the nurseries in Fraser's Hill.

Eating Out

An excellent range of eating places, both western and local can be found on Fraser's Hill. Steak houses serve fine traditional British fare - a legacy of early British settlers.

Shopping

There are souvenir shops in the town centre selling items like pressed flowers, paperweights, postcards and T-shirts.

Accommodation:

- The Smokehouse Hotel (16 rooms) Tel: 09-3622226 Fax: 09-3622035
- Quest Resort (87 rooms) Tel: 09-3622300 Fax: 09-3622284
- The Silver Park Holiday Resort (112 Apts) Tel:09-3622888 Fax: 09-3622887
- Fraser's Pine Resort (92 Apts) Tel:09-3622122 Fax: 09-3622288
- Jelai Highland Resort (40 rooms) Tel: 09-3622600 Fax: 09-3622604
- Rezab Mutiara (19 rooms) Tel: 09-3622645 Fax: 09-3622646

Fraser's Hill Development Corporation Bungalows

- Rompin Bungalow (3 rooms)
- Kuantan Bungalow (3 rooms)
- Cini Bungalow (3 rooms)
- Puncak Bungalow (24 rooms) Tel: 09-3622248/ 09-3622201 (enquiries) Fax: 09-3622273



Accommodation to suit your taste and budget.





▲ How To Get There

By road:

Fraser's Hill is accessible only by road offering interesting sights along the way. The journey to the resort takes approximately one and a half hours from Kuala Lumpur. It passes through the town of Kuala Kubu Bharu, an hour from Kuala Lumpur. From there onwards, a 45 minute drive along a winding stretch takes one to the Gap at the base of the resort. The last 8km from the 'Gap' to the top of Fraser's Hill is a narrow scenic road. It carries one-way traffic from 7am to 7pm through a gate control system, with uphill traffic limited to odd hours and downhill traffic limited to even hours. There is no control after 7.30pm and the gates remain open on both sides.

By Bus:

There are regular bus services from Kuala Lumpur to Kuala Kubu Bharu and thence to Fraser's Hill.

From Kuala Lumpur, board the Kuala Kubu Baru bound bus at the Pudu Raya Bus Terminal. From Kuala Kubu Bahru, the Fraser's Hill bus service operates twice daily uphill at 8.00am and 12.00 noon. Downhill services are at 10.00am and 2.00pm.

The fare for the Kuala Lumpur - Kuala Kubu Bahru stretch is RM2.00

By Taxi:

Taxis are available at Pudu Bus Terminal in Kuala Lumpur. The fare for the trip to the hill station is RM60.00 per taxi and RM15.00 per person.

Further information:

Fraser's Hill Development Corporation

Suite 6 & 7, P. O. Box 17, 9th Floor, Teruntum Complex
Jalan Mahkota, 25000 Kuantan, Pahang
Tel: 09-5171623 Fax: 09-5171626



Peak view of the neighbouring surroundings.

Bukit Larut

▲ Introduction

Bukit Larut, formerly known as Maxwell Hill, is Malaysia's smallest hill resort. Located in the state of Perak, it towers behind the idyllic town of Taiping.

Bukit Larut is approximately1035m above sea level. For many of its visitors, the appeal of the resort lies in its unspoilt natural mountain beauty. Temperatures hover around 15⁰C to 25⁰C, sometimes dipping to 10⁰C in the night. Located in the wettest part of the country, this hill station experiences the heaviest rainfall in the country.

Tourist amenities are basic. Access to the resort is a long narrow 13km tarred road, not accessible to public vehicles. Visitors have to be driven up in the government Land Rover. For those who really wish to get away from the crowd and commune with nature in a refreshingly cool, tranquil environment, Bukit Larut is the perfect retreat.



Profusion of vegetation.

▲ History

Bukit Larut is named after George Maxwell, a British resident of Perak who sought a hill station to escape from the heat of the lowlands, a hundred years ago. Unlike other hill resorts in the country, Bukit Larut is in its pristine natural state.

The steep and narrow road which once was a bridle path accessible only on ponies or sedan chairs, dates back to 1948, and offers a rapid climb in a series of 72 breathtaking hairpin bends

▲ What To See and Do

Nature's Splendour

Visitors who come up to Bukit Larut are largely nature lovers, bird watchers, day trippers and tourists who seek a change of climate and pace. Besides leisurely strolls through colourful gardens, or mere relaxation, the visitor also has the option of playing tennis, just below the clouds.



Chalet accommodation in Bukit Larut

Bird life is plentiful. Sightings of montane forest birds can be done even without venturing on long walks as the undisturbed environment attracts several birds. The best trail for birdwatchers is the Gunung Hijau Trail which spirals up towards the summit of Gunung Hijau (1449m), one of the peaks in the hills. From here, on a clear day, an uninterrupted view of Taiping town and the Perak coastline can be seen.

The unspoilt montane forest is also home to smaller fauna such as gibbons and squirels while its flora comprises species such as wild orchids, Mountain Giant Fishtail Palm and many species of bracken-like ferns.

Food

Malaysian and European food are available at the Bukit Larut Resthouse. At the bungalows, meals can be arranged with the caretaker. Visitors are also allowed to do their own cooking. At some of the bungalows barbeque pits are provided.

Accommodation

There are a number of resthouses and bungalows offering reasonably comfortable accommodation.

- Tempinis Bungalow (4 rooms, houses 10 persons)
- Cendana Bungalow (3 rooms, houses 8 persons)
- Beringin Bungalow (2 rooms, houses 8 persons)
- Rumah Hijau (4 rooms, houses 8 persons)
- Bukit Larut Rest House (3 rooms, houses 8)

▲ How To Get There

By road:

Bukit Larut is about 9km from the town of Taiping. At the base of the Hill is the office where one may book accommodation. The Land Rover service up the hill runs hourly from 8am to 5pm daily. Fares range from RM2 to RM2.50 depending on one's destination.

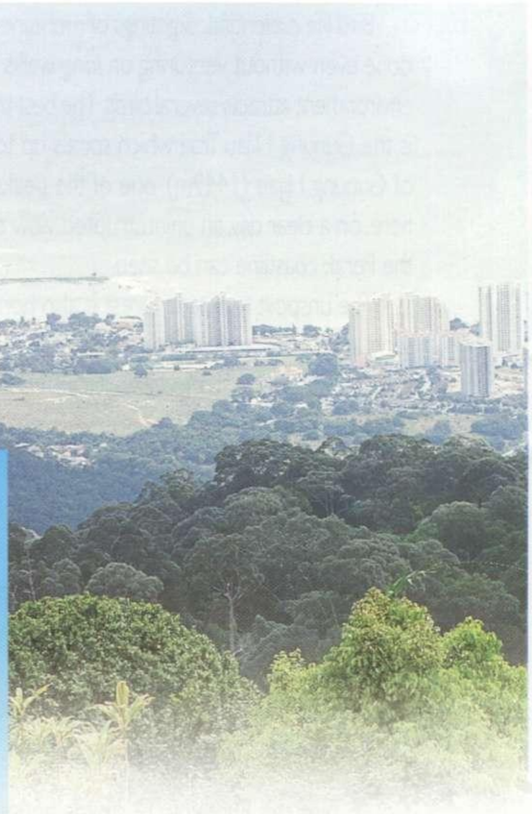
For further information, please contact:
The Superintendant
Bukit Larut, Taiping, Perak
Tel: 05-8077241/05-8077243



Penang Hill







View of the coastline and Georgetown from the hill.



▲ Introduction

Penang Hill is interesting for its historical and ecological significance and makes a pleasant hill getaway. The Hill stands on the northern part of the island, and at approximately 800m above sea level, it is the island's highest point. The air is cleaner here, and though most visitors are day trippers, there are a few bungalows for those wishing to spend the night. The local population totals about 1000.

▲ History

This is Malaysia's oldest hill resort dating to 1800. When the British established Penang as a trading post in 1786, a hill station was sought as a retreat from the balmy lowlands for the gentry. The highest point was chosen and in 1922, a funicular railway, designed by A.R. Johnson of F.M.S Railway, provided the means of transport. The first railway car, now grounded, rests on display at the top of the hill. In the olden days Penang Hill was known as Bukit Bendera (Flag Hill) because the hill was used for signalling flags.

Today, Swiss-built funicular railway cars transport visitors to the top of the hill where legacies of the past are reflected in roads, bungalows and hillocks named after the early residents.

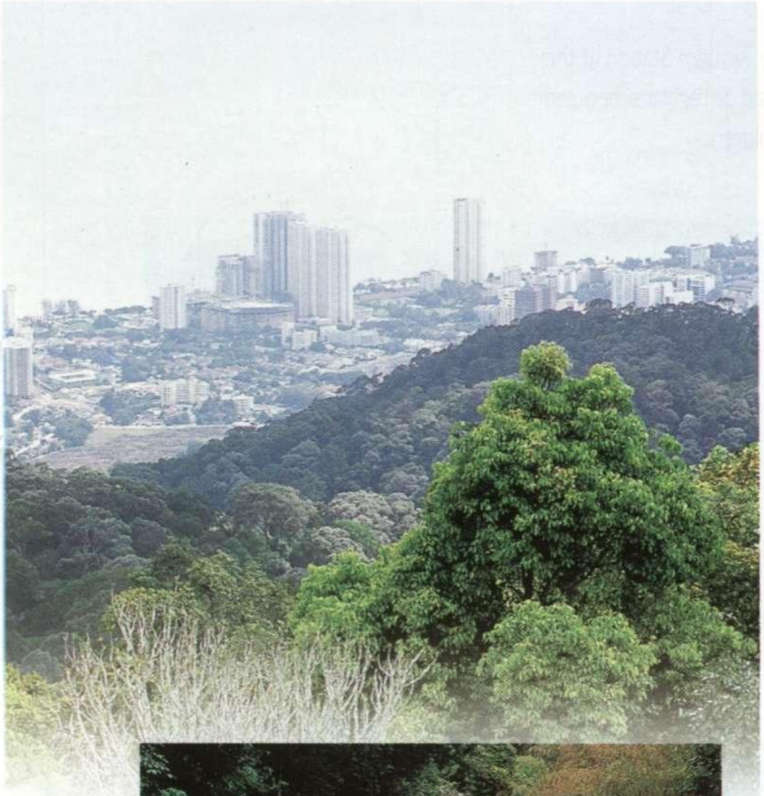
▲ What To See and Do

With the funicular railway providing easy accessibility to the hill, half the fun lies in the journey which takes about a 1/2 hour. The journey passes through dense jungle vegetation resplendent with ferns and pitcher plants, and if one is alert, monkeys can be spotted. The train stops midway along the hill for passengers to change cars.

The Summit

The top of the hill is a well-maintained little square with trekking paths. One, if followed through eastward, leads downhill to the 'Moongate' at Waterfall Road, approximately 300m from the Botanical Garden. The climb uphill from the Moon Gate takes about 3 hours.

There are reputedly about 50 species of birds. The highest peak is Western Hill (830m), while Crag Hill, Strawberry Hill and Mt Retiro are among the other notable peaks. The view from the top is magnificent. Depending on where you are, it is possible to take in sweeping vistas of Georgetown below and the North Channel,





An experience to be enjoyed! A ride through tropical vegatation in a funicular car.



The quaint railway station at the foothill.



Flower lined pathways in a garden.

the Penang Bridge, the Race Course, the Kek Lok Si temple at Ayer Itam, as well as the many sea vessels and Butterworth on the Seberang Perai mainland.

Eating Out

There are a number of small eating outlets, restaurants, tea houses, burger stalls, and hawker stalls at the peak. Western meals are available at the Bellevue Hotel.

After Dusk

Night activities are limited to indoor board games and television and enjoying the peace and solitude of the hill. The night view of Georgetown with its twinkling lights, dominated by Komtar, the island's tallest building, is an impressive sight.

Accommodation

Accommodation is in the form of colonial-style bungalows that have approximately 5 rooms each. Enquiries may be made through:

- Bellevue The Penang Hill Hotel (12 rooms)
  11300 Pulau Pinang
  Tel: 04-8292052
  Fax: 04-8292052
  Cable: PENHOTEL

▲ How To Get There

The Funicular Rail operates half-hour services to the peak from the Air Itam Station at the foot of the hill, from 6.30am to 9.30pm. The station can be reached by taxi or regular scheduled bus services. Funicular rail fare is RM4.00 for adults and RM2.00 for children.



Gunung Jerai





Cool misty days for a restful vacation.

▲ Introduction

Gunung Jerai, located in the northern state of Kedah is 1200 metres above sea-level. In the olden days, Kedah Peak as it was then known, played an important role as a navigating point for sailors from as far as the Middle East and Europe. Today, Gunung Jerai is Kedah's premier hill resort and recreational park. On a clear day atop the peak, the cool, refreshing mountain offers spectacular views of the rolling paddy fields of Kedah stretching up to Perlis, and the islands of Penang in the south and Langkawi in the north-west.



History

Like all other mountains, Gunung Jerai has its fair share of history and fascinating tales. Legend has it that Raja Bersiong, the 'king of fangs', once had his ancient kingdom within the Bujang Valley, at the foot of the mountain. Relics uncovered in the area provide evidence of a Hindu-Buddhist civilisation dating back to the fourth century A. D.

Isolated from the other mountain ranges of Peninsular Malaysia, Gunung Jerai has a unique range of medicinal plants and herbs not found in other mountains.



Jungle tracks for nature lovers.

Sungai Teroi Forest Recreation Park

A haven for a variety of unique mountain flora and fauna. Orchids, rhododendrons, pitcher plants grow abundantly within the park.

Hiking trails along wooded areas leading to the picnic site provide opportunities for nature lovers to enjoy leisurely strolls. The beauty of Gunung Jerai is best experienced whilst jungle trekking through the natural splendour of this rainforest treasure. For the move adventurous, camping sites, are provided along the trails. Basic camping facilities are available at a nominal fee of RM3.00 per person.

For a cool refreshing retreat, 30 minutes of brisk jungle trekking from the Gunung Jerai Resort leads one to the breathtaking sight of a clear mountain stream cascading down the hilly slopes.

A visit to the Foresty Museum which is located halfway up the hill will provide a wealth of information on various species of wood collected from Malaysian highland areas.

Accommodation

Located 1,083 metres up the mountain is the 39-room Gunung Jerai Resort. Built in the 1920's, the original resthouse is reminiscent of similar buildings in the English countryside. There are 6 family chalets, with a choice of either 3 bedrooms or 2 bedrooms, set amidst beautiful natural greenery and flowering plants. Each chalet has a dining and living room and is well equipped with cooking facilities.



Forestry Museum... a treasure trove of information on wood species.



Deer Park.



Chalet accommodation.



How To Get There

Gunung Jerai is easily accessible by road from the town of Gurun which is approximately 33km south of Alor Setar via the trunk road or the North-South Expressway. Alor Setar is served by Malaysia Airlines from Kuala Lumpur, Penang and Kota Bahru. Express buses, outstation taxis and Keretapi Tanah Melayu trains offer regular services from Butterworth to Alor Setar. Public buses ply from Alor Setar to the foothill of Gunung Jerai every 45 minutes or from Sungai Petani every 30 minutes. Private taxis charge a fare of RM6.00 for a round trip from the foothills to the Resort and back.

For further information, please contact:

Gunung Jerai Resort
Tel: 04-4234345
Fax: 04-4252957



Gunung Ledang







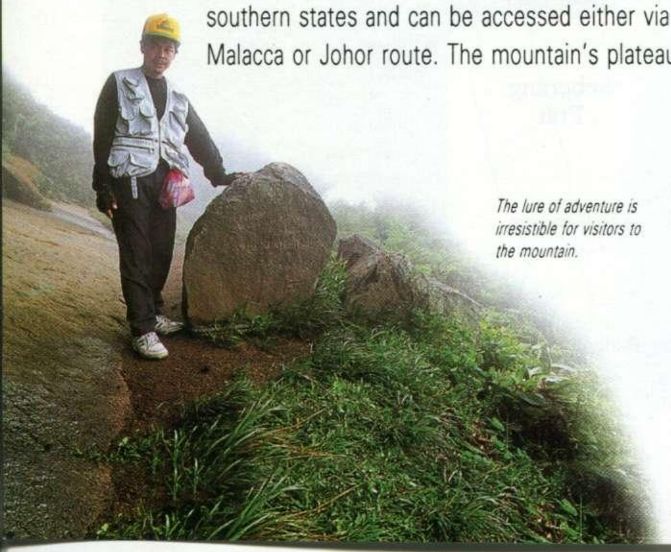
Gunung Ledang... steeped in folklore.

▲ Introduction

Gunung Ledang is commonly known among the locals for its mystical character and as a camping destination rather than a hill resort. Steeped in legends and folklore, the mountain holds awe-inspiring experiences for many a visitor up the mountain. Tales of supernatural encounters and visions of the legendary mountain princess, Puteri Gunung Ledang, are not infrequent among believers of the 'twilight zone'. Mysticism aside, the mountain is a natural beauty with its challenging mountain trails, icy waterfalls, cascades, diverse birdlife, flora and fauna. Straddling the Johor/Malacca border,



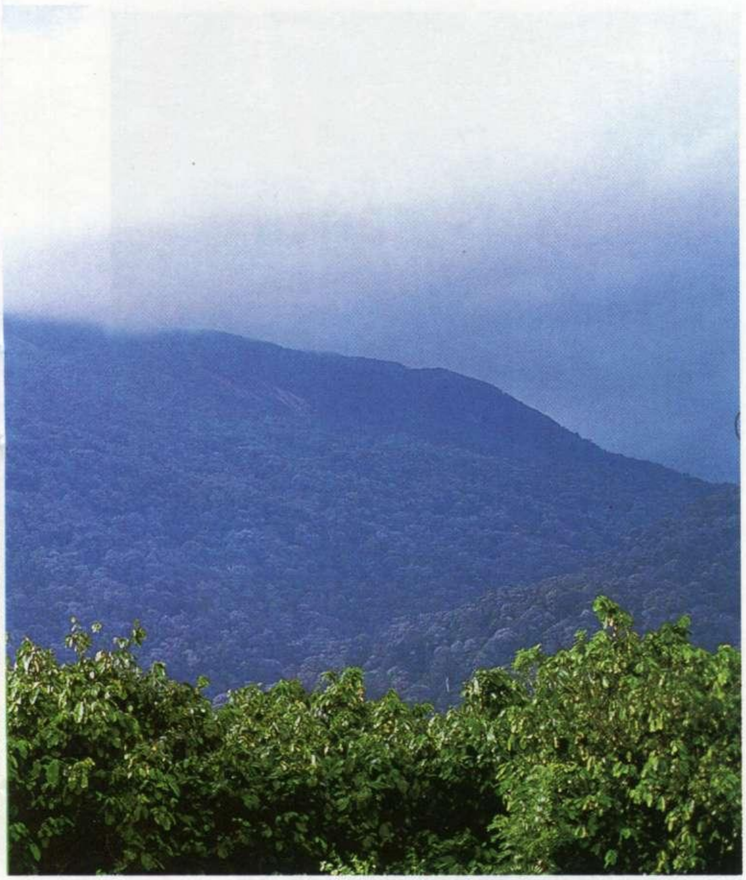
Gunung Ledang is the highest mountain in the two southern states and can be accessed either via the Malacca or Johor route. The mountain's plateau-like summit peaks at 1,276m above sea level, and offers a panoramic view of the Straits of Malacca and Sumatra coastline on a clear day. Gunung Ledang is ideally-suited for picnickers, nature lovers, birdwatchers, rock-climbers and jungle trekkers and those who seek nature its raw splendour.



The lure of adventure is irresistible for visitors to the mountain.

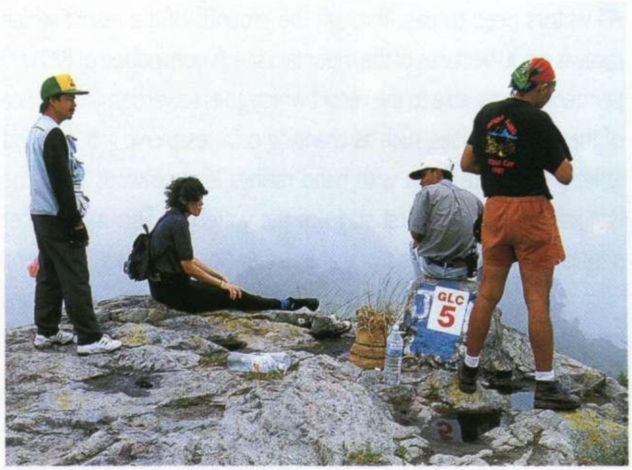
▲ History

Refered to as Mount Ophir in the days of the British, Gunung Ledang's history is tied up with folklore that is both intriguing and inseparable. Ancient history points to the mountain being the site of rich gold deposits, luring traders from as far as Greece and China. The name 'ophir' itself is thought to have originated from the Hebrew language. In the 14th century, the Chinese seafarers plying the Straits of Malacca called it 'Kim Sua' meaning the 'Golden Mountain'. The



Javanese during the period of the Majapahit empire, named it 'Gunung Ledang' which means 'mount from afar'.

Folk-memory gave it enduring tales which continue to exist till today. The mountain is said to contain a secret cave where Puteri Gunung Ledang lives. Puteri Gunung Ledang, according to folkore; was a beautiful princess who captivated the heart of Sultan Mansur Shah of Malacca during the 15th century. He wanted to marry her but she set impossible conditions for him. She asked him to build a golden bridge linking his palace in Malacca to the mountain. The princess also asked the sultan to bring her seven jars of women's tears, seven tray of the hearts of mosquitoes and seven bowls containing the blood of The Sultan's son, all of which the Sultan could not fulfill!. Thus, the story goes, she continued to live on in he beloved mountain.



Revel in the splendour of nature's majesty.



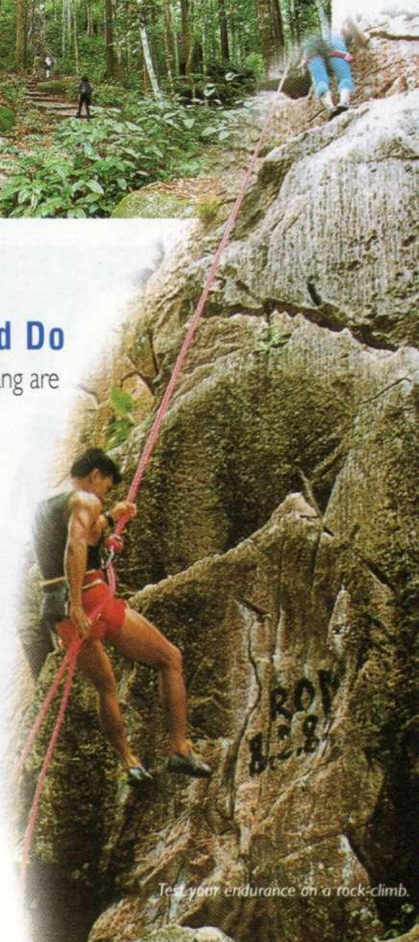
Well marked paths at the foothills.

▲What To See and Do

Activities on Gunung Ledang are adventure and nature-based. Depending on one's level of fitness, there are several options:

At the Foothills

For nature lovers and picnickers, activities revolve around the foothills where the Gunung Ledang Resort and a waterfall is situated.



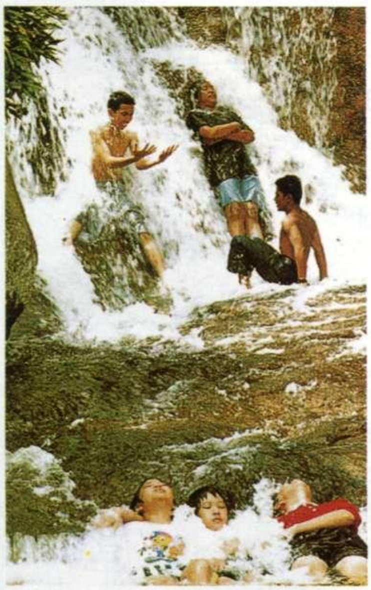
Test your endurance on a rock-climb.

All visitors need to pass through the grounds of the resort which sprawls on 30 hectares of the mountain site. A nominal fee of RM1.00 per person is payable to the resort which goes towards maintenance of the public facilities, such as changing cubicles, picnic grounds and toilets. Concrete steps with hand railings lead upwards from the Ranger's office to the first stage of the waterfall. This is the most popular area where pools of water are enclosed by huge boulders, forming a natural spot for bathing. On this level, too, are basic cabins for overnight stays.

Upper Levels

Another 10 minutes walk uphill along the steps will reveal the spectacular sight of the Puteri Falls (Princess Falls). Beyond this, right up to the summit are rapids, rock cliffs, caves, interesting flora and fauna. Birds are plentiful and one should bring along a pair of binoculars. The path uphill can be treacherous, especially during rains, when loose stones and slippery tracks make trekking arduous. Shoes with good grip soles are essential.

For campers, there are several choices of campsites along the trail. Avoid camping too close to the rapids during rains. Sudden deluges can occur. The summit can also be uncomfortably chilly, especially in the late evening and at night. Bring a jacket. Heavy mists, too, tend to rush and envelop the summit but clear off almost as suddenly. Be alert and do not stray from marked paths.



Dip into the icy-cold waters of the Puteri Falls.

Strictly for the fit

It is possible to trek up the mountain from Asahan on the Malacca side and make your descent towards Johor and vice versa. An average person needs about 3 to 5 hours for the entire trek. The route is well-marked. It is the path taken by participants of the Gunung Ledang International Challenge. Do inform the rangers before mountain trekking.



Feel the rush of adrenalin on a 'flying fox'.

Other activities

The Gunung Ledang Resort has a comprehensive activity centre which comprises rockface climbing, mountain biking, obstacle course, 'flying fox', night trekking and team building programmes. Enquire at the resort for these activities.

As a popular holiday destination among schoolchildren, Gunung Ledang meets the needs of every adventurous child. Its numerous outdoor activities allow children to appreciate nature and contribute to the development of positive individual qualities.

Accommodation

The only resort at the foothills, the Gunung Ledang Resort has 40 standard rooms, 10 deluxe rooms, and 10 family rooms. There are also 25 jungle cabins which offer shelter from rain and animals. Gunung Ledang is a popular venue for campers, and allows one to commune with nature at its best.

Eating Out

Inexpensive local meals is available at the canteen near the picnic grounds on the first level of the mountain. For ala carte menu, visit the resort's restaurant. There are also shops near the entrance to the resort which sell snacks and meals.



▲ How To Get There

By road:

Gunung Ledang is accessible by road. From the North-South Expressway, the turn-off point comes 25km after Ayer Keroh. Head towards Tangkak. Proceed along the pastoral Route 23 for another 16km, past Sagil town, before turning left into a rubber plantation road and proceed another 1km. The route from here to the foothills of Gunung Ledang is sign posted.

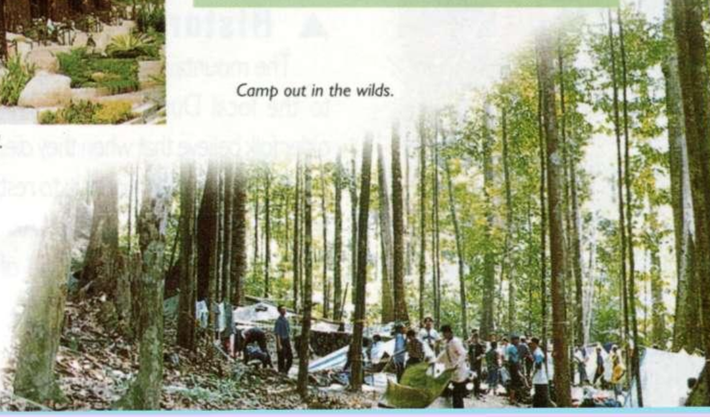


Cosy chalets nestle at the foothill.

By Bus or Taxi

A bus service is available to the resort from Tangkak, about 16km away. Taxis can also be hired from Tangkak.

Bookings can be made at:
Gunung Ledang Resort Sdn Bhd
(Sales Office)
Tel: 06-9772888 Fax: 06-9773555
Website: www.singnet.com.sg/~ophir55



Camp out in the wilds.

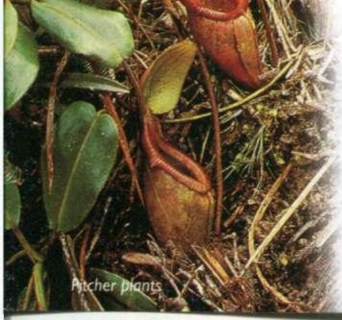
Kinabalu Park





▲ Introduction

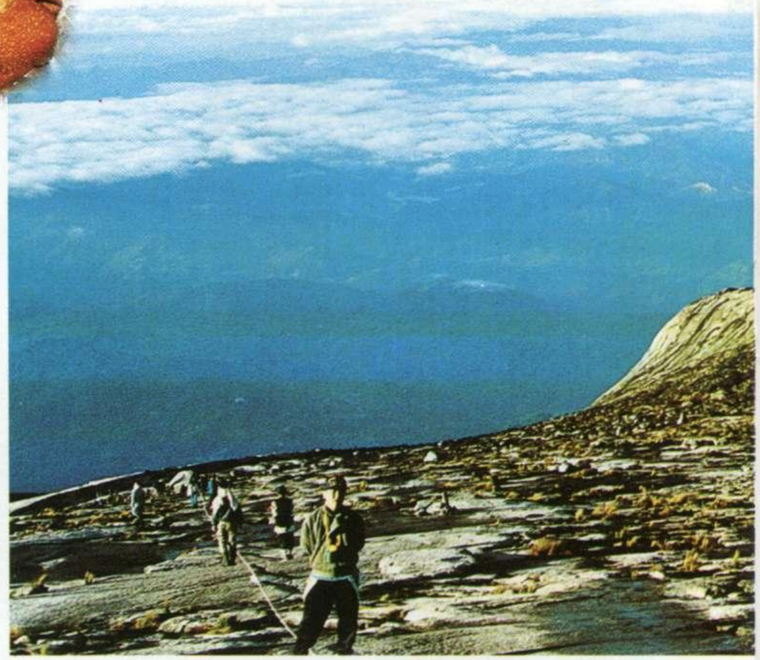
Mount Kinabalu or the summit of Borneo is located in the East Malaysian state of Sabah. Visible from anywhere on the west coast of Sabah, the mountain stands out like a beacon and seems to call out to the adventurous to come and visit her. Standing at a height of 4,095 metres, it is the highest point between the Himalayas and Irian Jaya, and also among the youngest non-volcanic mountains in the world. The mountain forms the main focal point of the Kinabalu Park and draws visitors from all walks of life-trekkers, botanists, bird watchers, rock climbers and anyone seeking cool, refreshing climate. The Kinabalu Park, which covers an area of 7,537 sq.km., abounds with a wealth of flora. Plants from various parts of the world can be found here. Over 1,200 species of orchids are found in the Park together with many endemic species of rhododendrons, oaks, chestnuts and other plants. It is the centre for the curious pitcher plants.



Pitcher plants

▲ History

The mountain is a sacred place to the local Dusun people. The older folk believe that when they die, their soul ascends to Kinabalu to rest and because of this, it is called Aki-nabalu or revered resting place of the dead.



Atop the mountain.

Although there were earlier treks up Kinabalu, the official record of the first ascent is attributed to Sir Hugh Low, a former British Resident of Malaya, who scaled the mountain in 1851. He, however, did not make it to the summit. This feat was accomplished by John Whitehead, a zoologist who reached it in 1888. The highest point, Low's Peak and numerous plants and orchids have, however, been named in Low's honour. The mountain was gazetted as a park in 1964 because of its incredibly rich flora and fauna. With the construction of the road from Kota Kinabalu to Ranau, the number of visitors has increased significantly. The surrounding hillsides of Kinabalu have also been cultivated with temperate vegetables and flowers which find a ready market in the neighbouring countries.

▲ What To See And Do

Situated at a height of 1,500 metres, the Park Headquarters is delightfully cool and lacks the humidity of the lowlands. Daily temperatures average around 20°C. The main activity in the Park is trekking, with the trek to the summit of Kinabalu being the ultimate experience.



Trails around Park Headquarters

There are a number of trails around the Park Headquarters which will take you through mountain oak and chestnut forests with colourful rhododendrons, orchids and pitcher plants. The 11 km network of trails is well laid out and sign-posted with trail maps. As such, climbers need have no fear of getting lost.

Summit Trail

The trail to the summit takes a minimum of 2 days and 1 night. It is best to arrive as early as possible at the Park Headquarters (around 9.00 a.m. is good) on the first day. Register. Meet your mountain guide and take the Park's transportation to the power station for the start of the summit trail. You will need an average of 5 hours trekking uphill to get to your mountain hut or rest house for the night. These accommodation facilities are located at two altitudes, Laban Rata at 3,272 metres and Gunting Lagadan at 3,323 metres and serve as overnight rest areas prior to the ascent to the summit.

The next morning you wake up at around 2.00 a.m. and continue the ascent up a stretch of bare rock face to the summit with the aid of your torchlight. The idea is to get to the top in time to watch the sunrise at 6.00 a.m. as well as to enjoy the magnificient view and take some snapshots before you make the descent to the Park Headquarters. You can be back in Kota Kinabalu by evening the same day if you wish. Most people, however, take a leisurely trip of 3 days or even more.



Kinabalu Park Headquarters.



The long climb up to the peak.

Bird Watching

For bird watchers, the Kinabalu Park can be a paradise indeed. Over 300 species of birds have been recorded to be found in the Park with many of them being endemic to Borneo. An early morning walk at sunrise, along the main road at Park Headquarters, will give you a splendid introduction to birds such as the gray drongo, the Malaysian treepies with their extra long tails, the common green magpie, the bright blue indigo flycatcher and the strange calls of the chestnut - capped laughing thrush very easily seen picking moths off the street lamps. Bird watching along the trails at the higher altitudes is also rewarding as some uncommon birds can be sighted.

Guided Nature Walks

At around 11.00 a.m. every morning, a guided walk with a park ecologist is conducted for the convenience of local and foreign visitors. The walk follows an easy trail in the forest to suit all ages. Lasting about an hour, it is a good introduction to the rich flora found on Kinabalu.

Apart from the guided nature walks, a 20-minute slide show on the flora and fauna of Kinabalu with an emphasis on the summit trail is shown daily at 2.30 p.m. in the mini-theatre at Park Headquarters.

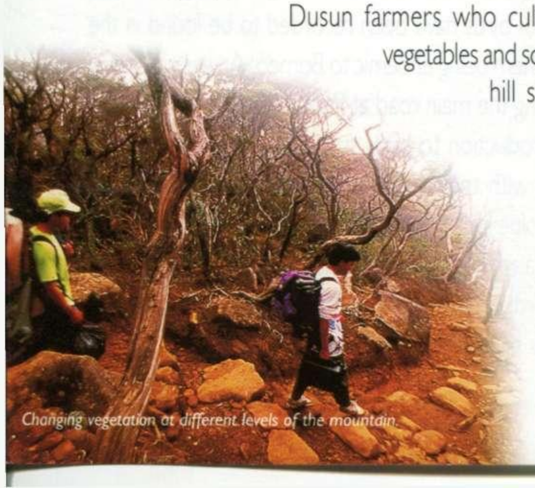
Mountain Garden

Adjacent to the Kinabalu Restaurant at Park Headquarters is the Mountain Garden. This garden was specially designed to give visitors a chance to see some of the rare plants found on Kinabalu. It has an incredible collection of native orchids, including the famed slipper orchids and medicinal plants used by the local people. Some of the more unique pitcher plants that grow at higher altitudes like the Raja, Villosa and Lowii varieties are also cultivated in the garden. The garden is open daily to visitors with tours being conducted at 9.00 a.m., 12.00 noon. and 3.00 p.m. daily. An entrance fee of RM2.00 per person is charged and this includes a guided walking tour by a park staff.

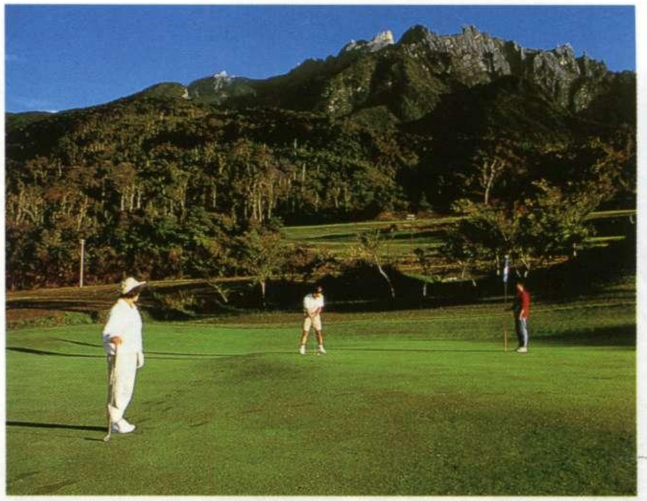
There is a souvenir shop next to the main entrance of Kinabalu Park which sells a good collection of local handicrafts, tee shirts, post cards, books and other items for those who wish to take home mementos of their visit to Kinabalu.

Kundasang

About 5 km from the main entrance of Kinabalu Park along the Ranau Highway is a small town called Kundasang. It is home to local Dusun farmers who cultivate temperate vegetables and some flowers on the hill slopes. Asparagus and shiitake mushrooms are some of the main crops grown here. Vegetables and flowers are sold at the stalls along the roadside. Suggested places to visit in Kundasang include the following:-



Changing vegetation at different levels of the mountain.



Kundasang Golf Course – the highest golf course in the region.

Rose and Cactus Garden

One of the enterprising local farmers has started a rose and cactus garden in Kundasang and visitors are charged a small entrance fee. Apart from enjoying the lovely blooms and different varieties of cactus, ornamental plants can also be bought here.

World War II Memorial

An impressive war memorial erected in memory of the 24,000 Allied soldiers killed during World War II can be found in Kundasang. Looking somewhat like a stone fortress, it is divided into different levels depicting gardens of the different countries - England, Australia and Borneo. Spectacular views of Mount Kinabalu and the surrounding farmlands of Kundasang can be seen from the viewing gallery of the memorial.

Kundasang Golf Course

At a height of 1,500 metres, the Kundasang Golf Course is considered to be the highest golf course in the region. This is an 18-hole, par 72 championship course and is played as two returning nines. The design of the clubhouse blends with the surrounding topography. The course is situated on the Pinasuk Plateau which is accessible from Kundasang.

Poring Hot Springs

Situated 39 km from the Park Headquarters, the Poring substation at the southern end of the Kinabalu Park is a must if you have the time. The main attractions in Poring include the hot sulphur springs, a butterfly farm, the canopy walkway and the Langanen Waterfalls. The hot sulphur springs at Poring occur naturally and have been piped into open Japanese-style baths for the convenience of visitors.

For those who want some privacy, enclosed bathhouses are also available for a fee. The hot springs are very popular with visitors for its therapeutic properties as the hot sulphur waters can soothe sore muscles.



Enclosed bath houses to relax in.

Butterfly Farm

There is a small butterfly farm at Poring which houses a collection of butterflies endemic to the area. Of note are the large Birdwings, including the Rajah Brooke butterfly displayed in the form of preserved and live specimens.

Canopy Walk

The forested areas at Poring are mostly lowland rainforest with giant trees growing to a height of 45 metres. Visitors can enjoy a panaoramic view of the forest from the canopy walk erected just a few metres below the tops of these giant trees. However, the canopy walk is not for those with a height phobia although it is an excellent vantage point to observe the canopy of the rainforest at close



A good level of physical fitness required.

quarters. The trail leading to the canopy is also good for watching birds, insects and beetles.

Waterfalls

There are numerous waterfalls on Mount Kinabalu but only a few are accessible to visitors. The Carsons Falls are within walking distance of the power station at Park Headquarters and at Poring, the Kipugit Falls (which means 'bats' in the local language) is only 15 minutes away from the Visitors Centre. Here, shelters with tables and benches are provided for visitors to have a picnic and enjoy the view. The most spectacular of them all, however, is the Langanan Falls. To reach these falls, you have to trek for about 2 hours uphill through lower mountain forest. The falls rush down the cliff face from a height of about 100 metres and is well worth the effort getting there.



Only for the hardy.

Dining Facilities

The Park Headquarters is served by 2 restaurants offering a range of Malaysian and Western cuisine with another restaurant located along the Summit Trail at Laban Rata to cater for the climbers.

In Kundasang, the most popular restaurant is found at the Perkasa Mt. Kinabalu Hotel. The restaurant has one face made entirely of glass panels which overlooks the Kundasang Valley with Mount Kinabalu as the centre piece and on sunny days, you may enjoy al-fresco dining on the balcony. The hotel offers a variety of Malaysian and Continental cuisine, making full use of the abundance of fresh temperate vegetables.

At Poring Hot Springs, the Kalibangbang Restaurant offers standard Malaysian meals at reasonable prices.

▲ After Dusk

Nocturnal activities are limited to a bar with a karaoke lounge at the Perkasa Mt. Kinabalu Hotel in Kundasang. Other alternatives are to go out with a torchlight and walk along the trails in the forest. Look carefully at the leaves and branches around you and a whole new world opens up. This is the realm of the nocturnal creatures of the forest. Stick insects, frogs, lizards and luminous fungi which glow in the dark can easily be seen and around the street lamps, hundreds of moths and other insects congregate. Look out for the beautiful Moon moths and the Atlas moth, the largest moth in the world.

Accommodation

Various types of accommodation are available around Mount Kinabalu. Most facilities are found within Kinabalu Park with accommodation ranging from deluxe twin room chalets to the more basic dormitories. They are able to accommodate up to 208 persons a night at Park Headquarters and 164 persons a night at the mountain huts. There are a number of smaller lodges offering bed and breakfast facilities and in Kundasang, the 3-star Perkasa Mt. Kinabalu Hotel has 70 rooms available.

At Poring Hot Springs, accommodation is available in the from of cabins and



Exotic montane species.



Kinabalu's spectacular rock formations



dormitories with a capacity of 130 persons a night.

All accommodation at the Park Headquaters and Mountain Huts must be booked through Kinabalu Nature Resorts Sdn. Bhd. (see page 39) or through local inbound travel agencies.

Climbing permits, insurance, entrance fees and mountain guide fees are issued and paid to Sabah Park at the Information counter of Kinabalu Park.

▲ How To Get There

The Kinabalu Park is situated along the Kota Kinabalu-Ranau-Sandakan Highway. The Park Headquarters is 90 km from Kota Kinabalu, the capital of Sabah and the leisurely 2-hour drive along the ridges of the Crocker Range enroute to the Park provides beautiful vistas of forest-clad mountains and valleys. It can get misty in the afternoons and at night, so it is advisable to drive up in the mornings. Self-drive cars are easily available for hire from Kota Kinabalu. There is a public bus service as well as mini buses and taxis plying the route to the Park. The outstation Bus & Taxi terminal in Kota Kinabalu is located next to the Town Padang at Jalan Padang, Bus fare is RM15.00 per person per way for scheduled coaches while mini buses is from RM8.00 – RM15.00 per person per way.



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Trafficking In Illegal Drugs Carries The Death Penalty




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